

FREE - TOBACCO CESSATION CLASSES - 2011

CENTRAL DISTRICT HEALTH DEPARTMENT

707 N Armstrong Place, Boise, ID 83704

4 week sessions of 5 classes – 2 hours each class

You may choose the afternoon or evening session

CALL to Reserve Your Space Now – 375-5211

MARCH - 2011 3:30 – 5:30PM Or 6:00 – 8:00PM	01 08 15 17 22	Tuesday Tuesday Tuesday Thursday Tuesday	2 hour classes
APRIL - 2011 3:30 – 5:30PM Or 6:00 – 8:00PM	05 12 19 21 26	Tuesday Tuesday Tuesday Thursday Tuesday	2 hour classes
MAY - 2011 3:30 – 5:30PM Or 6:00 – 8:00PM	03 10 17 19 24	Tuesday Tuesday Tuesday Thursday Tuesday	2 hour classes

Classes are **FREE** to Idaho residents.

Please call to reserve your space now. 375-5211

FREE NICOTINE Replacement Therapy.

Call 1-800-Quit-Now or log on to Idaho.quitnet.com

Tobacco users who register with Quit-Now can request 4 weeks of their choice of nicotine patches, gum, or lozenges.



Supported by Idaho Tobacco Millennium Funds